

PROTECT THE PILLAR
Standard 5 ESSENTIALS Grades 4-5
5PA-E2 PO 1

EQUIPMENT: A parachute suitable to the size of your class. A soft volleyball or volleyball-size sponge ball.

PARACHUTE CUES: Hold thumbs down fingers on top. **No** body parts in or through center hole -- Verbal cues: **Fruit basket** = arms extended toward feet - chute held still and quiet below waist **Umbrella** = Raise chute above head/lower to below waist - **Outside Mushroom** = Raise chute above head/lower to ground hands tight to the ground/nobody lets go - **Inside Mushroom** = Raise chute above head/ face outside as you lower chute tight to ground - chute is now covering all participants – nobody lets go **Soft Waves** = start with fruit basket then softly move and lightly shake parachute - **Hurricane** = fruit basket/vigorously shake ***Special Note: Substitute appropriate parachute cues used at your location if your terms are different from those listed above.***

Warm-Up: Practice a variety of commands listed under CUES.

OBJECT OF ACTIVITY: Act in a safe manner during physical activity; Correct and safe use personal space; Review of CC! Pillars

ACTIVITY GUIDELINES: PROTECT THE PILLAR!

Assemble students around the parachute. Give the volleyball the name of a CC! Pillar. Evenly divide the group into two teams (half and half). One group is in charge of protecting one half of the parachute while the other group is protecting their half. Teams are told to protect the pillar by **not** letting the Pillar Ball "go out on their side". Prior to beginning the game, have students briefly share reasons why it is important to **protect** (maintain, follow, live by) that particular pillar in their lives. Review safety guidelines for playing a hitting game while standing so close to one another.

At the leader's signal the teams work **together** to start a **Hurricane**. When the parachute is shaking vigorously the leader tosses the ball into the center area of the chute. The ball will then begin bouncing wildly. Each team tries to shake the ball over or through the opposite team's side while keeping the ball from going out on their side. All players must keep **at least** one hand on the chute at all times – The ball must be hit off the chute to score - Each time the ball goes out the team causing it to go out gets one CC! point for protecting their side. Play to a score of ten, changing the name of the pillar each time.

Follow-up: Talk about the importance of teamwork when attempting to live a "Pillar-Based" life. Discuss the importance of the "CC! Pillars" in sports. Can students name sports heroes they feel try to model the CC! Pillars?

Sue Mellen
"CHARACTER IN MOTION"
928-606-6260
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